



Mar 09, 2016

**Lecture entitled (Dialogues of awareness about the harm caused by smoking)**

Anxious to students' health and to spread awareness, the Deanship of Student Affairs organized a lecture entitled (Dialogues of awareness about the harm caused by smoking), which was organized in cooperation with College of Pharmacy in Al Ain University of Science and Technology –Al Ain Campus. It was presented by Dr. Nadia Hussain, Assistant Professor in the College of Pharmacy. The lecture was attended by faculty and students from the College.

Dr. Nadia Hussain started with a brief about smoking, defined the meaning of Nicotine, what and how does it works, and its effects, She also, explained the reasons of why smokers are resort to such a bad habits.

She also defined the smoking triggers as: “The things that person do them daily and trigger them to smoke”, and mentioned how to notice and stop the smoking triggers.

After that, the lecture was about the ugly facts on smoking, risks from smoking: the risks, percentage of smokers between males vs females and the harmful, diseases that can be exposed to smoker, unlike the non-smokers.

The last part of the lecture was overshadowed by the tips of how to quit smoking successfully, such as, make a plan, adopt healthier lifestyle, and get support from family and friends.

Dr. Nadia Hussain summed up the lecture with the 10 health benefits if the smokers stop smoking, she added: “You can do it, because nothing in life is impossible”.

At last, Dr. Amal Youssef from the College of Pharmacy, honored Dr. Nadia Hussain for her efforts in presenting the lecture.

[Press Release Link](#)